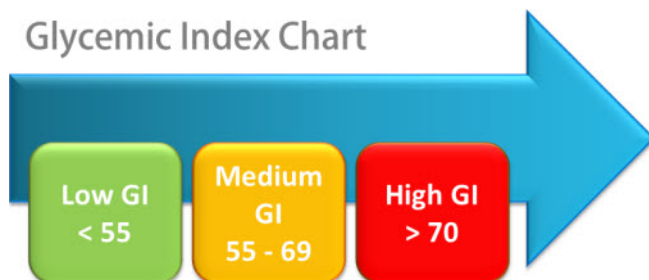


## Glycemic Index (GI)

Not all calories are equal—foods like white bread and white potatoes affect you very differently from foods like nuts, beans, or brown rice, even when the calories are roughly the same. A big difference between such foods lies in the pattern of blood sugar rise and fall after eating the food.

The way our blood sugar changes after eating a food is called the glycemic response. How *much* a particular food drives blood sugar is expressed by its glycemic index. The glycemic index was designed to help guide our choices in foods and beverages to prevent multiple blood glucose spikes during the day. Healthcare professionals advise that such repeated blood sugar spikes promote insulin resistance, marked by high A1c levels, and sometimes advise people to avoid high glycemic index foods. Foods with a high glycemic index elicit a rapid blood sugar response, causing your blood sugar to become very high very quickly. This leads to a large insulin response—your body’s way of handling the excess sugar. Foods with a low glycemic index instead raise your blood sugar in a sustained, moderate way. A glycemic index of 55 or under is considered low; 56-69 is moderate; and 70 or above is high.



Many people believe that carbohydrates are the root of the problem, but that idea is far too simplistic. Glycemic index varies widely among different types of carbohydrate-rich foods. White bread, for example, has a high glycemic index, while corn tortillas have a low glycemic index. Some grains, such as barley, have a very low glycemic index. Glycemic indices for several common foods have been measured; a list can be found [here](#).

The glycemic index is useful, but the glycemic response in reality is much more complex. For example, the glycemic response experienced from eating a particular meal can differ from person to person. That’s because it depends not just on the meal in question, but on what you have been eating for the days and weeks prior to that meal. Why? Because those foods affect the population of microbes that lives inside you--your microbiome. And a healthy and well-balanced gut microbiome can help improve glycemic response.

Good microbes help to even out blood sugar and decrease high sugar spikes. If you have been nourishing your microbiome with prebiotic nutrients for the days prior to a meal, the glycemic response can be lower than if you had been eating only simple, easily digested carbohydrates for the days leading up to the meal.

We can steer our microbial populations towards the healthiest mix of bacteria by specifically nurturing the ones that do the most for our health. Food elements that our bodies don't absorb—a.k.a. fiber—are broken down to metabolites by our gut microbes. Some of that fiber can serve as the food for beneficial bacteria that excrete short-chain fatty acids (SCFAs), which can help manage the glycemic response from subsequent meals. Importantly, as you nourish the microbiome over time, the microorganisms will continue to make more SCFAs.

Drinking a fiber drink with a high glycemic index food lowers the overall glycemic index, helping you to maintain a steady blood sugar level. However, just as not all calories are equal, not all fiber is equal either. BiomeBliss provides the optimal ratio of fiber and [polyphenol antioxidants](#) to support a healthy microbiome. With the equivalent of a full cup of blueberries—minus the sugar—in every serving, these antioxidants synergize with extracts from two prebiotic powerhouses—agave and oats. When you drink BiomeBliss along with a high glycemic index food, you are adding fiber into the meal and thereby lowering the glycemic index of the meal. In addition, as demonstrated in clinical studies, after three weeks of daily consumption, BiomeBliss significantly lowered the glycemic response to glucose sugar, and therefore will likely lower the glycemic response to other foods or beverages.

There are many ways to tune up the performance of your microbiome, but few as powerful, natural, and tasty as BiomeBliss—try a glass today and see how easy it is to maintain healthy blood sugar levels, deliciously!